



REPLY TO  
ATTENTION OF:

**DEPARTMENT OF THE ARMY**  
**HEADQUARTERS, 35<sup>th</sup> AIR DEFENSE ARTILLERY BRIGADE**  
**EIGHTH UNITED STATES ARMY**  
**UNIT # 15757**  
**APO AP 96266**

EAAD-Z

01 August 2011

**MEMORANDUM FOR SEE DISTRIBUTION**

**SUBJECT: 35<sup>th</sup> Air Defense Artillery Command Policy Memorandum # 10- Physical Training**

**1. References**

- a. TC 3-22.20 (Army Physical Readiness Training, 20 August 2010)
- b. AR 600-9, The Army Weight Control Program, dated 27 November 2006
- c. AR 40-501, Standards of Medical Fitness, dated 14 December 2007
- d. TG 255E, U.S. Army Pregnancy and Postpartum PT Guidebook, dated May 2004
- e. 35th ADA BDE OPORD11-057 (Implementation of Army Physical Readiness Training)
- f. 8th Army OPORD 151-11 (Implementation of Army Physical Readiness Training)

2. All Soldiers assigned to 35<sup>th</sup> Air Defense Artillery Brigade have the personal responsibility to remain physically fit at all times. The Army measures compliance with this requirement through a semi-annual Army Physical Fitness Test (APFT). Although the minimum Army standard is 180 points (60 points per event), the brigade standard is 250 points. Each unit will ensure that 95% of its available strength passes an APFT and emphasize to Soldiers why we do Physical Readiness Training. Your battle buddies must be able to pull you to safety or carry you to a landing zone if you are wounded! Your life and the life of your buddy may some day depend upon your ability to go the extra mile and live to fight another day.


3. All 35<sup>th</sup> Air Defense Artillery Brigade units will conduct physical training (PT) five days a week (except weeks with holiday weekends). The length of PT sessions will be at least 60 minutes. Physical fitness programs need to incorporate the Army's Physical Readiness Training (PRT) Program IAW TC 3-22.20 and should be varied and focus on the physical attributes needed to accomplish our mission and further support the Warrior Ethos.

4. Soldiers who score 270 or higher on the APFT (90 points per event) will be awarded the Army Physical Fitness Badge. Soldiers in consideration for the Army Physical Fitness Badge must also meet the height/weight standards that are outlined in Army Regulation 600-9.

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5. Soldiers that are 40 years of age or older must be screened in accordance with Army Regulation 40-501.
6. Soldiers who fail a record APFT will be immediately flagged and enrolled in a special population program. Unit Special Population Physical Training programs need to be tailored not just for overweight or PT failures but to the Soldiers that have unique or special physical fitness requirements and/or limitations. Commanders and leaders need to attend Special Population PT at least once a month to assess the quality of training being provided.
7. All battalions and HHB/35th will develop a PT program for their pregnant Soldiers IAW FM 21-20 and U.S. Army Pregnancy and Postpartum PT Guidebook.
8. Wear of Reflective Clothing. All USFK personnel are required to wear safety reflective clothing while conducting physical training on USFK installations. This policy supersedes the guidelines set forth in 35<sup>th</sup> ADA Brigade Policy letter #28 Wearing of Reflective Clothing Policy. The DoD safety program requires all DoD personnel to be provided with use and applicable fluorescent or reflective personal protective equipment when exposed to traffic hazards as part of their duties.
  - a. Effective immediately, during hours of darkness or reduced visibility, joggers will reflective vest, reflective belt, or other approved reflective material while on a public roadway, street, bicycle path, or any other right-of-way under USFK jurisdiction.
  - b. When physical training (PT) is conducted as a unit activity, commanders will ensure personnel wear a reflective vest, reflective belt, or other approved reflective material. Commanders will ensure uniformity of the type and wear of reflective material within their formations.
  - c. PT formation width should be limited to 3 columns while running on roads with vehicle traffic. Road guards will wear reflective vests and use flashlights during hours of limited visibility.
9. "READY IN DEFENSE!"

  
ERIC L. SANCHEZ  
COL, AD  
Commanding